

# **LOWER CAPE RECREATIONAL BASKETBALL LEAGUE**

## **GRADES 3rd & 4<sup>th</sup>**

**\*\*\*\*VERY IMPORTANT\*\*\*\***

**Before each game, Referee's and both Team Coaches MUST go over ALL Game Rules so everyone is on the same page!!!!**

**GAME LENGTH:** 2 /16 minute halves running time

**THREE POINT BASKETS** - NONE

**OVER TIME:** NONE

**JUMP BALL:** only at the start of the game then alternate possession

**BALL SIZE:** Junior Size

**BASKET HEIGHT AND COURT SIZE:** will vary from town to town

**BASKET HEIGHT:** Ideally 3/4<sup>th</sup> grade 9ft high

(Basketball Heights can only be adjusted at few court sites)

**COURT SIZE:** Ideally full size elementary or cross court on full size court

**LANE VIOLATIONS:** 5 seconds

**DEFENSIVE RULES:** double teaming in the lane only for grades 3 – 4

**NO ZONE OR PRESSING**

**Half - Court Defense**

Must allow offensive player to get both feet and the ball over the half court line or ball goes back to offensive team.

**FOULS:** 5 per player (flexible)

**FOUL SHOTS:** Shooting Fouls Technical

**FOUL LINE:** 2 steps in front of line

**TIME OUTS:** 2 per half (cannot carry unused time outs into next half)

\*Subs will not be charged a time out\*

**BACKCOURT:** half court line

**SUBSTITUTIONS:** Every 4 minutes subs will be called. Depending on how many players per team, Substitutions times may vary.

**PARTICIPATION:** 50% of game unless more than 10 players, injury, foul trouble, fitness, and disciplinary action (notify opposing coach)

**OFFICIAL SCORE:** Do not keep score

**\*\*\* PLEASE DO NOT ARRIVE AT GYM MORE THAN 5 MINUTES PRIOR TO THE START OF GAME TIME \*\*\***

**NO FOOD – DRINKS- BASKETBALLS-UNSUPERVISED CHILDREN AND PETS**

**PLEASE REMOVE WATER BOTTLES/TRASH**

**GOOD SPORTSMANSHIP \*\*\* DON'T CRITICIZE THE OFFICIALS\*\*\* NO COMPLAINING\*\*\* RESPECT ALL PLAYERS, COACHES AND OFFICIALS\*\*\*\* HAVE FUN – PLAY HARD**